

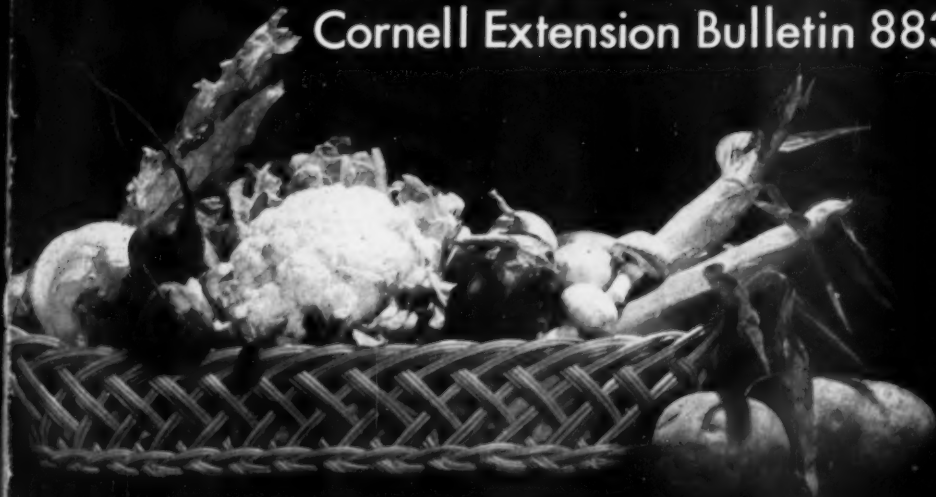


how to cook VEGETABLES

Eleanor Williams



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how to cook VEGETABLES

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Vegetables add zest and variety to meals with their eye-catching greens, yellows, and reds, and with their appealing flavors and textures. With so many vegetables to choose from and so many ways to prepare them, your meals need never be monotonous.

We suggest that in cooking vegetables you keep two goals in mind. The first goal is to keep *in* the vegetable as much as possible of its original nutritive value. Vegetables are important in our diets for vitamins and minerals as well as for bulk or fiber. Much scientific work has been done to learn how to prevent the loss of these nutrients in cooking vegetables. Methods which result in high retention of food value are described in this bulletin.

The second goal in vegetable cookery—and we think it just as important as the first one—is to make vegetables look and taste so good that your family will always enjoy them and demand more. Suggestions for varying the ways you serve vegetables are given in the latter part of this bulletin.

Happily, these two goals can be combined. You will find that vegetables cooked by methods that retain as much as possible of the nutritive value will also be delicious, bright-colored, and pleasing in texture.

NUTRITIVE VALUE OF VEGETABLES

Fresh, frozen, and canned vegetables are similar in food value; but an exact comparison cannot be made because the food value depends on the variety of the vegetable, growing conditions, storage, and method of preparation.

1. These vegetables are high in vitamin A value:

Green asparagus	Green cabbage	Spinach
Green snap beans	Greens	Carrots
Green lima beans	Leaf lettuce	Pumpkins
Broccoli	Green peas	Squash
Brussels sprouts	Green or red sweet peppers	Sweet potatoes

You can easily remember the vegetables which are rich in vitamin A value because they are all of deep yellow, or of an intense green color.

2. These vegetables are rich in vitamin C:

Broccoli	Greens	Tomatoes
Green cabbage	Salad greens	White potatoes
	Green peppers	

Some of these vegetables are not as rich in vitamin C as citrus fruits. In general, two or three servings of these vegetables will supply as much vitamin C as one serving of a citrus fruit.

Vitamin C is more easily lost during storage and cooking than any of the other vitamins. You can prevent its loss by using the pointers which follow on selecting and caring for vegetables, as well as those concerned with the cooking of vegetables. Vegetables in Group 2 are good sources of vitamin C when eaten raw only *if* they have been properly cared for before they reach the table. When cooked, they are also good sources of this vitamin *if* they have been both properly stored and properly cooked.

3. These vegetables contribute many vitamins and minerals to the diet, but are not outstanding in any one nutrient:

Beets	Cucumbers	Parsnips
White cabbage	Eggplant	Radishes
Cauliflower	Head lettuce	Rutabagas
Celery	Mushrooms	Summer squash
Corn	Onions	Turnips

Notice that many vegetables are rich in both vitamin A and vitamin C. In addition, the dark green, leafy vegetables like spinach are good sources of riboflavin, one of the B vitamins. Vegetables which are the seed part of the plant, such as peas and beans, are good sources of thiamine, another of the B vitamins.

Potatoes are relatively inexpensive, and many families in this country eat generous quantities of them. Unfortunately, many people believe that potatoes are the first food to drop from their diets if they want to lose weight. However, potatoes are an important source of iron, vitamin C, and thiamine and need not be omitted from a reducing diet. If you are weight-conscious, eat potatoes without adding butter, gravy, and rich sauces.

Nutritionists recommend that you eat each day:

1. One or more servings of vegetables from Group 1
2. Two or three servings of vegetables from Group 2 if you rely on vegetables for vitamin C
3. One serving of potato or a vegetable from Group 3

SELECTING PERISHABLE VEGETABLES

Perishable vegetables are at their peak in flavor and nutritive value when they are fresh from the garden; so, whenever possible, gather them just before you cook them.

Even if you have a vegetable garden, however, you often need to buy vegetables at the market. The roadside stand is usually a good place to purchase vegetables. If the stand is operated by the grower, the vegetables are apt to be freshly harvested. These vegetables may be less expensive than those in other markets because, in selling directly to you, the grower is able to eliminate the middleman's cost.

Here are some suggestions to keep in mind when you select perishable vegetables.

1. Buy vegetables which are kept in a cool place. Perishable vegetables that are kept in a hot, sunny place wilt rapidly and lose some nutritive value.
2. Choose those vegetables which are firm, crisp, bright in color, and free from decay.
3. Avoid buying dirty vegetables. They are difficult to clean, and there is no economy in buying dirt.
4. Examine vegetables which are marked down to sell. Bruised, wilted, or overripe vegetables are frequently low in food value and high in waste.
5. Remember that the larger the amount of waste, the more expensive the vegetable. This waste includes not only parts of the vegetable which are inedible such as the pods of peas and lima beans, but the parts you waste in preparation such as parings.
6. Nowadays you don't need to worry about "vegetables in season," but you still have to worry about prices. Usually, a vegetable is lowest in price and highest in quality when it is plentiful locally.

CARING FOR VEGETABLES

Frequently, vegetables must be stored at least a few hours before cooking. Proper storage is important for the protection of both food value and flavor. Here are some hints on storing vegetables.

1. Wash and dry perishable vegetables; store them in covered containers in the refrigerator.
2. Store small quantities of non-perishable vegetables such as potatoes and onions so that dry, cool air circulates through them. You may want to use a ventilated vegetable bin for this purpose.

3. Cut tops off carrots and beets, before you wash and store them. Leave 1-inch stems. Otherwise, the tops will draw some of the nutrients out of the vegetable. If you plan to use the tops, they will be fresher if you cut them off just before you use them.

4. Do not peel or cut up vegetables before you store them.

COOKING VEGETABLES

We have mentioned that vitamin C can be lost through improper cooking; but other vitamins, as well as minerals and flavors, can also be lost. Before we discuss specific methods of cooking vegetables, we want to emphasize some general procedures which will help to retain the nutritive value of vegetables and, at the same time, make them taste their best.

1. *Use fresh vegetables which have been properly stored.* Whenever possible, pare, cut, or otherwise prepare the vegetable just before cooking.

2. *Use as little water as possible,* if the cooking method you are using calls for water. Minerals, certain vitamins, and the natural vegetable sugars essential to flavor dissolve in water. When you throw away the water in which the vegetables have been cooked some of these vitamins, minerals, and flavoring materials go with it. Contrary to somewhat widespread belief, vitamins and minerals do not "go off" in the steam.

3. *Cook vegetables only until fork-tender.* They should still hold their shape and color. Overcooking impairs their flavor, color, and texture.

4. *Cook vegetables with all possible speed.* If you are boiling a vegetable, for example, start it in boiling water. Cover the pan if so doing will not injure the color or flavor. (See pages 7 and 8).

5. *Cook vegetables in skins whenever possible.* Some of the nutrients are removed with the skin when a vegetable is pared. If you must pare them, use a vegetable peeler or some other instrument which will remove only a small part of the vegetable with the skin.

6. *Use a sharp knife to cut vegetables.* A dull knife bruises the vegetable and hastens the loss of valuable nutrients.

7. *Do not add soda to vegetables,* except in some cases for dried peas and beans (see page 8). Soda is apt to make vegetables mushy and may impair flavor.

8. *Serve vegetables immediately after cooking.* Do not try to keep them hot for long periods of time. If you must postpone a meal, it is better to let the vegetables cool and then reheat them quickly just before serving.

COOKING METHODS

There are many ways of cooking vegetables. Charts beginning on page 13 tell you how to prepare specific vegetables and suggest ways to serve them. Approximate cooking times are given, too. Here are details on the methods of cooking mentioned in the charts.

How to Boil Vegetables

Fresh vegetables

Except for some vegetables (see pages 7 and 8), the procedure for boiling fresh vegetables is as follows:

1. Use very little water. All vegetables are high in water content, and many of them can be cooked with only a little added water. The amount of water you use depends upon the size of the pan and the amount of vegetable to be cooked. In general, use from $\frac{1}{4}$ -inch to 1-inch of water in the pan. More boiling water may be added later in cooking if necessary.
2. To shorten the cooking time, bring the water to a boil before you add the vegetable, unless the amount of water used is so small that no time would be saved by bringing it to a boil first.
3. Salt the water, allowing $\frac{1}{2}$ to $\frac{3}{4}$ teaspoon of salt for each pound of vegetable. Salting may be done later if you wish.
4. Add the vegetable.
5. Use a tight-fitting lid that will keep the steam in the pan. Most of the vegetable must cook in steam since you are not using enough water to cover the vegetable.
6. Quickly bring the water to the boiling point again.
7. Lower the heat so that the water boils gently. Note that you *do* want the water to *boil*, but not so vigorously that the steam is lost around the edges of the lid.
8. Try to cook vegetables so that when they are done, there is no liquid left in the pan. You may leave the cover off the pan the last few minutes of cooking to allow any remaining water to evaporate. If you have used too much water and have some liquid left, remember that vitamins and minerals are dissolved in it. Plan to use this liquid in soups or add it to tomato juice or vegetable juice cocktail.

How to prevent color changes

Have you ever had the disappointing experience of finding that the original bright green of broccoli, green beans, or some other green vegetable had

changed to an unappetizing olive-green color during cooking? You can avoid this unpleasant change in color by being careful not to overcook the vegetable since excessive heat will change the pigment which gives the attractive color to green vegetables.

In addition, the disappointing color change can be prevented by cooking the vegetable in an uncovered or partially covered pan for at least the first part of the cooking period. All vegetables contain mild acids, some of which "go off" in the steam as the vegetable is cooked. If you cover the pan, the acids stay in the pan and may change the pigment to an unattractive olive-green.

Some green vegetables such as spinach, and nearly all frozen vegetables, cook so quickly that they can be cooked in a covered pan and still retain their fresh, green color.

How to prevent strong flavors from developing

Perhaps you have sometimes noticed a strong, disagreeable odor and flavor in such vegetables as cabbage, cauliflower, broccoli, Brussels sprouts or turnips. These vegetables are sometimes called "strong flavored" but are naturally pleasant in flavor as you know from eating some of them raw. They are apt to develop disagreeable flavors only if they are improperly cooked.

Cook these vegetables in an uncovered pan because substances which may develop strong flavors are in this way allowed to "go off" with the steam.

To prevent burning use a larger amount of water than for vegetables which can be cooked in a covered pan. The amount of water must be enough to allow the vegetable to cook quickly, but it need not be so large that a very great loss of vitamins and minerals results.

The most important point to remember is to cook these vegetables until they are just done, and no longer. Strong flavors develop with long cooking.

Cabbage and cauliflower can be cooked successfully without adding water (see *How to Braise or Pan Vegetables*, page 11). The vegetables cook so quickly by this method that strong flavors do not develop.

The onion is another vegetable which is often called "strong-flavored." It differs from the vegetables mentioned above, however, in that it is stronger in flavor when raw than when cooked. But, like the above vegetables, it should not be overcooked and should be cooked in an uncovered pan in a moderate amount of water.

Frozen vegetables

Frozen vegetables are cooked like fresh ones but take less time to cook because they have been scalded and therefore partially cooked. Furthermore, the freezing process, itself, softens the tissues somewhat. Frozen vegetables should be

cooked in very little water. Often, they require less water than the directions state on the package. Try to cook them so that no liquid is left.

Canned vegetables

To avoid serving a too-juicy vegetable, drain the liquid from canned vegetables into a saucepan and boil the liquid until it is concentrated to about half the original amount. Then add the vegetable and heat until it is piping hot.

Dried peas and beans

Wash dried peas or beans thoroughly. Soak them overnight in $2\frac{1}{2}$ to 3 times as much water as vegetable. Or, if you prefer a faster method of soaking, add the beans to boiling water and boil 2 minutes. Remove them from the heat and let them stand in the hot water for 1 hour before cooking.

Cook the peas or beans in the water used for soaking. Bring the water to a boil, add seasonings, and simmer until tender ($1\frac{1}{2}$ to $2\frac{1}{2}$ hours). The cooking time may be shortened by adding baking soda to the soaking water. Allow $\frac{1}{4}$ teaspoon of soda per cup of dry beans or peas. Be sure to measure soda carefully because too much soda will affect the flavor and texture of the vegetable.

How to Bake Vegetables

Baking is an excellent method for cooking certain vegetables. Vitamins, minerals, and flavor are kept in the baked vegetable. Potatoes, squash, onions, and tomatoes can be baked in the skin and corn in the husks. The steam is held in so that the vegetable stays moist while it cooks.

A few vegetables such as sliced or whole potatoes, onions, carrots, beets, and squash can be baked in a casserole. Carrots and beets are especially good if they are shredded for baking. Add seasonings and a small amount of water to the vegetable. Cover tightly and bake in a hot oven until tender. The cover holds in the steam so that the vegetable does not dry out. You can bake either raw or partially cooked vegetables by this method.

How to Steam Vegetables

A steamer is a pan with a rack and a tight cover. Place enough water in the pan to form plenty of steam, but do not let the water touch the rack. Place the vegetable on the rack, cover the steamer, and let the water boil vigorously. Since the vegetables are cooked entirely by steam in this method, the required cooking time is somewhat longer than for boiling. Steaming is more satisfactory for white, yellow, and red vegetables than for green vegetables, which may turn olive-green or brown.

How to Broil Vegetables

If your range has a broiler unit, you will find it very useful for cooking vegetables. Broiling is a quick and easy method to use.

Both raw and leftover cooked vegetables may be broiled. Raw potatoes, onions, eggplant, and tomatoes are very good when sliced and broiled.

Preheat the broiler. Place the vegetable on the greased broiler rack and brush with butter or other cooking fat. Place the rack about 3 inches below the source of heat and broil until the vegetable is tender. Usually, the vegetable must be turned once during the broiling period. When it is done on one side, brush again with fat, and finish broiling. Salt afterwards.

Vegetables are especially good when broiled with meat. If your broiler pan is large and you are cooking for only two or three people, you can cook a whole meal in the broiler. Leftover or canned vegetables such as peas, beans, corn, asparagus, carrots, or mixed vegetables can be heated in the bottom of the broiler pan while the meat and possibly another vegetable are broiling on the rack above the broiler pan.

How to Cook Vegetables in a Pressure Saucepan

The pressure saucepan is especially useful for cooking dried beans, fibrous and mature vegetables, whole beets, or whole potatoes, all of which ordinarily require long cooking. If a vegetable cooks quickly by the boiling method, little time is saved in cooking it in the pressure saucepan.

Since pressure cooking is a fast method, you must time the vegetable very carefully. Just one minute of overcooking can result in a mushy product with poor color and flavor. At first, you will probably want to follow the timetables in the instruction book which comes with your saucepan. As you become more experienced, however, you may change some of the cooking times if they do not produce the results you want.

Since saucepans differ in their operation, follow the instructions of the manufacturer for the best operation of your saucepan.

How to Braise or Pan Vegetables

Braising, sometimes called panning, is a simple method of preparation which produces vegetables that are unusually flavorful. Carrots, celery, beets, cabbage, cauliflower, spinach and other greens may be cooked this way.

Slice, dice, or shred the vegetable. Melt a small amount of cooking fat (1 to 2 tablespoons) in a heavy skillet or saucepan, add the vegetable, salt lightly,

and toss until the vegetable is coated with fat. Do not add water, except for beets which may need a small amount. The vegetables may be cooked in either a covered or an uncovered pan.

When the vegetable sizzles, you will know that steam has formed. Turn the heat down to keep the vegetable from burning. The vegetable is best when it is somewhat crisp in texture, so do not overcook it. Stir the vegetable or shake the pan frequently enough to keep the vegetable from burning.

How to Fry Vegetables

Pan frying

When vegetables are fried in a small amount of fat, the method is called pan frying or sautéing. Use enough fat to make a layer about $\frac{1}{4}$ inch deep. Before adding the vegetable, heat the fat, but do not allow it to get so hot that it smokes. Vegetables such as potatoes and onions may be sliced and pan fried until they are brown on both sides. Eggplant and summer squash are best dipped in egg and then in bread crumbs, cracker crumbs, or corn meal before frying.

Leftover vegetables may be heated or browned lightly in fat.

Deep-fat frying

Potatoes, cauliflower, eggplant, and onions may be fried in deep fat. Potatoes should be cut into even sized pieces that will cook in a short time. Dry the pieces well before frying.

Cauliflower should be broken into flowerets and boiled for 3 to 5 minutes, drained, then dipped in egg and crumbs before it is fried.

Eggplant should be cut into slices about $\frac{1}{4}$ -inch thick and dipped in egg and crumbs.

Sweet onions are most satisfactory for deep-fat frying. Slice them into thin rings and soak in milk for about 30 minutes. Remove the onion rings from the milk and dip into flour. Be careful to fry these only until they are a light golden brown.

For all the above vegetables, use enough cooking oil or melted fat to cover the vegetable completely. Heat the fat to the temperature desired. For cauliflower, eggplant, and onion, 375°-385°F. is suitable. For potatoes, 385°-395°F. is preferred. Use a deep-fat frying thermometer to tell when the correct temperature has been reached, or drop a 1-inch cube of soft bread into the fat and observe how long it takes the cube to brown. It should brown in 40 seconds at 375°-385°F. or in 20 seconds at 385°-395°F.

The vegetables are done when they are nicely browned. Drain well on absorbent paper, salt, and serve hot.

Waterless Cooking

So much is said about waterless cooking nowadays that you may have been led to believe that it is entirely different from any method that you know.

Actually, waterless cooking simply means using an amount of water that will be evaporated by the time the vegetable is done. As we have mentioned, this method of cooking is highly desirable from the standpoint of preserving food value and flavor. It is *not* necessary to have a specially designed pan for this method. Saucepans of aluminum, stainless steel, or glass flamework can be used if the cover is tight, and if moderately low heat is used to prevent burning. Of the methods we have mentioned, panning or braising, baking, and steaming may be called waterless cooking. Boiling is also a waterless method, provided the vegetable is cooked so that no liquid is left at the end of the cooking period.

PUTTING ZIP INTO VEGETABLES

Needless to say, the vitamins and minerals which you have so carefully retained in preparing and cooking vegetables will do no good unless your family eats them. To make your family clamor for more and more vegetables, be sure that the vegetables you serve are well seasoned and attractive looking. Remember that your purpose in seasoning is to accentuate the natural flavor of the vegetable, so season sparingly and with great care. Use vegetables which combine well with the other foods in the meal in color, flavor, and texture. With a little care on your part, vegetable dishes can be the highlight of your meals.

No attempt has been made to mention all possible methods of preparation in the charts beginning on page 13. Suggestions under "Methods of Cooking" and "Ways to Serve" are intended only to encourage you to experiment with different means of preparation. The cooking times in the charts are approximate and should be used only as guides.

Vegetable	Preparation	Methods of Cooking	Ways to Serve
Asparagus	Cut off woody ends of stalk. Remove scales if sandy and tough. Wash. Cut in 2-inch pieces or leave whole. Whole stalks may be tied into a bundle and cooked while standing upright in the pan.	1. Boil 5-12 min. 2. Steam 7-18 min. 3. Leftover asparagus may be broiled.	Buttered Creamed With mock hollandaise sauce With cheese sauce
Beans Green or wax	Wash; remove ends. Leave whole or cut crosswise or lengthwise.	1. Boil whole 15-30 min. cut 10-15 min. 2. Steam whole 20-35 min. cut 15-20 min. 3. Braise or pan 5-10 min.	Buttered Creamed In milk with butter
Beans Green Lima	Shell just before cooking. Wash.	1. Boil 20-35 min. 2. Steam 25-35 min.	Buttered Creamed In milk or cream
Beets	To cook whole: leave root tips on. Cut off greens, leaving 1-inch stems. Do not peel. Scrub. To cut or shred: remove tops, roots, and skins.	1. Boil whole 30-60 min. Peel and slice after cooking. 2. Shred and pan 5-10 min.	Buttered With Harvard sauce
Broccoli	Remove coarse leaves and tough parts of stalk. Soak in cold water 15-20 min. if sandy or buggy. Split thick stalks, and peel if tough. Leave 3-inch stem on flowerets.	1. Boil 12-15 min.	Buttered With buttered bread crumbs With mock hollandaise sauce
Brussels sprouts	Remove imperfect leaves and part of stem. Soak in cold water 15 min. to remove dust and insects.	1. Boil 10-20 min.	Buttered Heated in cream Creamed
Cabbage White or green Chinese	Remove wilted outside leaves or blemished portions. Wash carefully. Cut in wedges or shred.	1. Boil 10-12 min. (Wedges) 2. Boil 5-8 min. (Shredded) 3. Pan or braise 5-8 min.	Buttered Creamed With cheese sauce
Cabbage Red	Same as for white cabbage	Add 2 tsp. vinegar or slice of apple to water used in boiling to preserve red color.	Buttered
Carrots	Scrub. Pare thin if paring is needed. Leave whole or cut into crosswise or lengthwise slices.	1. Boil 10-20 min. 2. Steam 15-25 min. 3. Pan or braise 5-8 min. 4. Leftover carrots may be broiled.	Buttered With chopped fresh mint Glazed

14 Cauliflower—Parsnips

Vegetable	Preparation	Methods of Cooking	Ways to Serve
Cauliflower	Remove outer leaves and stalks. Cut away discolored portions. Soak in cold water 15 min. to remove insects. Leave whole or break into flowerets.	<ol style="list-style-type: none"> 1. Boil whole 25-30 min. flowerets 8-15 min. 2. Deep-fat fry 5-10 min. 375°-385°F. 	Buttered Creamed With cheese sauce With mock hollandaise sauce
Celery	Trim, remove discoloration and coarse strings. Scrub. Cut into serving size pieces.	<ol style="list-style-type: none"> 1. Boil 10-15 min. 2. Pan or braise 5-8 min. 	Buttered Creamed
Corn	Just before cooking, remove husks, silks, and blemishes. Cut kernels off the cob, if desired.	<ol style="list-style-type: none"> 1. Boil 5-6 min. 2. Bake in husk 20-35 min. 400°F. 	Buttered In milk with butter Scalloped
Eggplant	Pare if desired. Cut in cubes or slices. Do not try to cook whole.	<ol style="list-style-type: none"> 1. Boil 10-15 min. 2. Pan fry 10-15 min. 3. Deep-fat fry 5-10 min. 375°-385°F. 4. Bake 20-30 min. 350°F. 5. Broil 10-15 min. 	Buttered Scalloped Au gratin
Greens Beet Dandelion Spinach Swiss chard Kale	Remove root ends and damaged leaves. Wash in several waters until free of grit or sand. Lift greens out of water each time so sand sinks to bottom of pan. Break off large stems. If ribs are very large, strip the leaves from the ribs.	If leaves are young and thin and cook quickly, cook in only the water that clings to the leaves or add a small amount of water. Cook 5-10 min. in a covered pan. If leaves require longer cooking, add a moderate amount of water and start cooking in an uncovered pan to protect color.	Buttered With lemon juice or vinegar With hard-cooked eggs
Kohlrabi	Cut off leaves, pare, and cut into slices.	<ol style="list-style-type: none"> 1. Boil 25-30 min. 2. Pan fry 10-15 min. 	Buttered Creamed
Onions	Peel under running stream of water (prevents tears). Leave whole or cut in slices or quarters.	<ol style="list-style-type: none"> 1. Boil 10-35 min. 2. Boil whole until partially done, then bake 30-40 min. 3. Pan fry 10 min. 4. Deep-fat fry 3-5 min. 375°-385°F. 5. Bake 50-60 min. 350°F. 	Buttered Creamed Glazed
Parsnips	Scrub, scrape, and cut in halves, quarters, or slices. Remove core if woody.	<ol style="list-style-type: none"> 1. Boil 15-30 min. 2. After boiling: bake at 350°F. with brown sugar, butter, and cream 15 min. <p>After boiling: Pan fry 10-15 min.</p>	Buttered

Vegetable	Preparation	Methods of Cooking	Ways to Serve
Peas Green	Shell just before cooking. Wash.	1. Boil 8-20 min. Add a little sugar if peas are mature. 2. Steam 10-20 min.	Buttered Creamed
Peppers Green	Remove seeds and membranes. Wash inside and out. Leave whole for stuffing or cut in rings for pan frying.	1. Boil for 5 min. Then bake 15 min. 350°F. 2. Pan fry 5-10 min.	Stuffed with meat or corn mixture
Potatoes White	Leave skins on whenever possible or pare thin. Cut as needed for method of serving. For baking you may rub the skins with fat.	1. Boil whole 25-40 min. cut 15-25 min. 2. Bake 400°F. 1 hour 3. Deep-fat fry 10 min. 385-395°F. 4. Pan fry slices 10 min. 5. Broil slices 10-20 min.	Buttered Creamed Mashed Scalloped Au gratin
Potatoes Sweet	Leave skins on whenever possible or pare thin. Cut into serving pieces.	1. Boil cut 30-35 min. 2. Bake whole 50-60 min. 400°F. 3. Steam cut 40-50 min.	Buttered Glazed Mashed With orange juice With apples With marshmallows
Rutabagas or Turnips	Wash, pare, and slice or dice.	1. Boil 15-40 min.	Buttered Mashed
Squash Summer	Wash, cut off stem. Do not pare if fresh. Leave whole or cut into pieces.	1. Boil whole 30-60 min. cut 10-15 min. 2. Bake whole 30-60 min. 400°F. 3. Pan fry 10-15 min. 4. Deep-fat fry 5-10 min. 375-385°F.	Buttered With minced parsley With paprika With bacon bits With tomatoes
Squash Winter	Acorn: wash; do not pare. Leave whole or cut in halves. Remove seeds if cut. Hubbard: remove seeds and fibers and cut into serving pieces. Pare if desired.	Acorn: bake whole or in halves cut side down on pan 40-60 min. 400°F. Steam 50-70 min. Hubbard: bake 40-60 min. 400°F. Slice and broil cooked squash.	Buttered With bacon drippings With brown sugar Buttered Mashed
Tomatoes	Wash. To boil: peel by plunging into boiling water or by twirling on fork over a flame. Leave unpeeled for baking and broiling.	1. Boil 8-10 min. 2. Broil halves 10 min. 3. Bake 30 min. 350°F. 4. Pan fry 5-6 min.	Baked tomatoes may be stuffed with tomato pulp, bread crumbs, cheese, bacon.

WAYS TO SERVE VEGETABLES

In the charts, you will find some of the following terms used to describe methods for serving specific vegetables. Here is what is meant by each term:

1. BUTTERED

Drain the vegetable thoroughly. Add 1 tablespoon of butter to each cup of cooked vegetable. Mix lightly, season to taste, and serve very hot.

2. CREAMED

Drain the vegetable well. Add 1 cup of medium white sauce (or a variation of white sauce) to 2 cups of cooked vegetable. Mix carefully so as not to mash the vegetable. Serve very hot.

To make 1 cup of medium white sauce:

Melt 2 tablespoons of fat in a pan. Add 2 tablespoons of flour and mix well. Add 1 cup of milk. Heat, stirring constantly, until the mixture thickens and bubbles. Add salt and pepper or other seasonings to taste.

Variations of white sauce:

Cheese sauce: Add $\frac{1}{2}$ to 1 cup of grated cheese to 1 cup of medium white sauce. Stir over low heat until cheese is melted. Add paprika if desired.

Mock hollandaise sauce: Combine 1 cup of hot medium white sauce with 2 egg yolks. Add 2 tablespoons of butter and 2 tablespoons of lemon juice and stir until blended.

3. SCALLOPED (ESCALLOPED)

Put alternate layers of vegetables and medium white sauce in a casserole. Bake in a moderate oven until the sauce bubbles.

4. AU GRATIN

Prepare scalloped vegetable. Top with grated cheese and buttered bread crumbs. Bake in a moderate oven.

5. GLAZED (CANDIED)

Make a sirup of $\frac{1}{2}$ cup of brown sugar (or $\frac{1}{4}$ cup of brown and $\frac{1}{4}$ cup of white sugar) and $\frac{1}{4}$ cup of water. Put partially cooked vegetables in a heavy flat pan or casserole, pour sirup over vegetable, and bake in 350°F. oven until tender. Baste and turn as necessary.

6. HARVARD SAUCE

Melt 2 tablespoons of butter. Add 1 tablespoon of cornstarch and 1½ tablespoons of sugar. Gradually stir in $\frac{1}{2}$ cup of mild vinegar. Stir until sauce boils. Add salt if necessary.



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